

Managing Yourself Through Change (MYTC)

COURSE NUMBER **FAA01198**

For information about this course, contact:
FAA Program Manager: Shepherd Curl
(386) 446-7132

DESCRIPTION AND LEARNING STRATEGY

The rapid nature of technological change and shifting managerial focus can create a sense of instability in many professions. Reorganization, reduction in supervisory and management level positions, ongoing technological transition and changing expectations from Congress, private industry and the public have combined to create tremendous pressure for personal change. Our ability to manage ourselves through rapid change cycles has a direct impact on our effectiveness at work.

This workshop will provide basic background information and critical tools for supporting individuals in their own change efforts. Combining powerful elements, including activities from the *Change Agent* and *Managing Change* courses, this workshop focuses on preparing individuals to change their own attitudes and behaviors in order to become an effective part of their organization's future.

Participants will engage in both large and small group discussions, illustrative activities and personal assessments. They will come to recognize the impact of their natural reactions to change; and, as appropriate, develop alternative responses, which may serve them more effectively.

OBJECTIVES

At the conclusion of this workshop, participants will enhance the following skills:

- Apply basic change theory.
- Recognize the impact of change.
- Identify personal responses to change.
- Devise alternative personal strategies for responding to change.

RELATED COMPETENCIES

- Agility
- Building Teamwork and Cooperation
- Developing Talent

CLASS SIZE

24 participants

LENGTH

4 hours

(Class times may vary.)

LOCATION

Customer site or
FAA Center for
Management and
Executive Leadership
Palm Coast, Florida

UPCOMING DELIVERIES

This course is currently
available only as a
fee-for-service delivery.

WHO SHOULD ATTEND

Employees working in a
changing environment

ENROLLMENT

To arrange a **fee-for-**
service delivery,
call Shep Curl at
(386) 446-7132.

PREREQUISITE

None

PRECOURSE

None

RELATED COURSES

Managing Change
([FAA01306](#))